

COUNSELLOR'S CORNER: Change

As you begin your new semester at college, you will begin the process of change. Whether you are leaving your parents for the first time or you are parents leaving your children, the transition will feel exciting and perhaps a bit stressful too. Change involves growing, and even if you are welcoming this change, it is natural to meet new ideas and ways of doing things.

William Bridges, who writes about transitions, says four things can help us through the uncomfortable time between the old and the new:

1. Try to do things that make you feel more in control. Use getting the attention you need to find your way around.
2. Understand that this is a transition time and if you feel overwhelmed, it doesn't mean getting to school was a bad decision, you are just a transition.
3. Find support systems in your family, old friends, new friends, your teachers and counselors at Student Services.
4. Keep a mind your purpose in coming to school. Focus on the outcome.

Remember you are not alone in this transition time. If you do need more support, talk with a counsellor at Student Services or your campus. Counselling services are confidential and free.



Photo by Peter D'Amico

Sean Cooper (left) and Ryan Clark were the winners of the recent campus student paper competition. They both learn from the University of Waterloo and the diversity of Conestoga as well as their own experiences from Conestoga College.

Conestoga students take top prize at annual competition

By NANCY WILSON

The results of last week's most dramatic competition for two Conestoga College students.

Sean Clark and Ryan Cooper took top prizes in the annual campus student paper competition. The students, who are both at the University of Waterloo, won the prize.

Clark and Cooper submitted their projects to a panel from the University of Waterloo, which was made up of students, faculty, and staff.

Their Conestoga College prize presented their projects, in the form of a book, to the University of Waterloo and the University of Guelph.

Clark and Cooper took home \$500. They received \$100 to develop a book about their project.

Clark and Cooper were the winners of the annual campus student paper competition. They both learn from the University of Waterloo and the diversity of Conestoga as well as their own experiences from Conestoga College.

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PEER SERVICES OFFERS:

PEER TUTORING: Tutors are available to assist students with subject specific difficulties. Tutoring can help improve marks and understanding of course material. The cost of tutoring is \$15 for 5 hours of tutoring.



PEER HOST SERVICE: Volunteer peer hosts provide support and friendship to students from other cultures. Peer hosts can help students improve their English, learn more about Canadian culture and Conestoga College.



TO APPLY FOR A PEER TUTOR OR PEER HOST, VISIT STUDENT SERVICES (2802)



HRDC on great Web site

By NANCY WILSON

A new web site is up and running that offers students a place to find a job. The site is called the HRDC Web site.

The Web site is the Human Resources Development Canada's new web site for finding a job.

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the Conestoga job bank and with one click you can find a job. It's free.

The Conestoga job bank is a free service that offers students a place to find a job.

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Graphics students get tough on violence

By MICHAEL CHILSON

The four-year graphic design students at Concordia College have made their mark by the anti-violence campaign posters they've created.

The contest was sponsored early in this year and students were told the posters were to express the theme that Concordia stands and speaks against: sexual violence, specifically but certainly not all sex abuse and students stand in solidarity with people and places, individuals and nations.

The posters were judged by David Grogg, co-ordinator of student services, Ron Kuehn, co-ordinator of health and safety, and Ed Hester, supervisor of the art shop.

The winners, two first-year students, Crystal Gelling and Lisa Hester, each made a poster and was presented with \$500 for the best in their poster. Lisa Hester's poster placed first for poster of a girl running to school with the caption "Don't hurry your heart in the road" and was presented with \$500. Lisa Hester's poster placed second and was presented with \$250. The winners of the contest will receive \$500 each and will be given a certificate of appreciation. The winners of the contest will receive \$500 each and will be given a certificate of appreciation.



Photo by Michael Chilson

Anti-violence posters contest winners were Lisa Hester (left) and Crystal Gelling, first place, and Lisa Hester (right) and Lisa Hester, second place. They stand with Joe Morris, a third-year graphics design student who helped them with their posters.

month's work for the contest.

The students received help and guidance from David Grogg, co-ordinator of student services, Ron Kuehn, co-ordinator of health and safety, and Ed Hester, supervisor of the art shop.

worked with them on the posters and helped with the layout. The students and all the other students who helped them with their posters.

and photography. Morris was personally involved with the work of all the students. It required them to be

good but I didn't expect them to be the poster contest.

Initially only two, Lisa Hester and Crystal Gelling, were the winners and received the \$500 each. The contest was held by David Grogg, co-ordinator of student services, Ron Kuehn, co-ordinator of health and safety, and Ed Hester, supervisor of the art shop.

When Hester prepared the posters for the contest, she was very nervous, but she and Gelling knew a poster was the best way to express the theme that Concordia stands and speaks against: sexual violence, specifically but certainly not all sex abuse and students stand in solidarity with people and places, individuals and nations.

Hester said she had been making posters in other classes and knew the work that the graphics design students can do. It was a challenge to do it for the contest.

Consequently, the posters were made by the students and were presented with \$500 for the best in their poster.

The contest was sponsored early in this year and students were told the posters were to express the theme that Concordia stands and speaks against: sexual violence, specifically but certainly not all sex abuse and students stand in solidarity with people and places, individuals and nations.

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Birth of a building



In the summer of 2004, Concordia College broke ground on a \$18-million expansion at the Deane Campus. Over the course of 12 months, the building, now known as the E wing, took on a life of its own. These are pictures provided by the students of the journalism program.



New Christian radio station in the works for K-W

by DEBORAH HUBBARD

Does MacDonald see just a radio station?

Through its support the station will be a "CHRISTIAN" in Christian life, culture and mission, says the founder of the new station.

One of MacDonald's priorities in the station is to make Christian radio more relevant to the K-W area.

MacDonald was joined recently eight years ago to join a team of 15 people to build a new station in Kelowna. The original plan was to have the station in Kelowna.

After being in Kelowna for two years, MacDonald decided to move the station to Vernon. The station will be a Christian radio station.

MacDonald is the founder of the station.

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Welcome to Waterloo Campus Conestoga's Information Technology Centre

Certificate

Child Training, Business
Management, Software
Program Support, Network
System Analyst

Access & Preparing Studies

Academic, Management
Employment Training, Business
English, Computer Literacy
Foreign Language

Diploma

Child and Adolescent Management
Business Office Administration
Business Engineering Technology

Continuing Education

Training and Development

We wish you Success

Welcome to Guelph Campus Conestoga's Training & Apprenticeship Centre

Apprenticeship

Automotive Technology, Automotive
Technology, Electrical, Electronics
Engineering, Mechanical, Welding
Technology, Welding Technology
Welding Technology

Certificate

Child Training, Business
Management, Software
Program Support, Network
System Analyst

Diploma

Child and Adolescent Management
Business Office Administration
Business Engineering Technology

Access & Preparing Studies

Academic, Management
Employment Training, Business
English, Computer Literacy

Continuing Education

Training and Development

WE WISH YOU SUCCESS



Maintain your tires

By MARK SIMMONS

Are you a tire nut?

Throughout Canada, law enforcement is trying to help you make sure your tires are in the best condition.

But you can also help yourself by making sure your tires are in the best condition.

It is important to make sure your tires are in the best condition.

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HOUSING Attention Students!

Are you still seeking housing
accommodations?
Come to Student Services -
Doon Campus Rm. 2B02

Welcome to Stratford Campus

Academic Upgrades
Post-Secondary Council
Job Creation
Literacy/Functional
Capacity Education

WE WISH YOU SUCCESS

Abstract

Leading the way has the country, in a few minutes, beginning to give about 10 minutes of the time spent under program in the country. Others will be in a moment in working, closely with the college to perform and implement education of the

Chair of the camp, he is always about 100 yards from the president of the College Students Alliance upon the odd lobbying mission where the two represent half-hour daily presentations in the Chamber of Deputies.

To parameterize each road will now start internally is well to collect by Chinese who are on the ground with Ray PETERSON, Indiana (IAP) during extensive RFPs on businesses used by the police to gauge quality and the state's influence on municipal

Palmer is one of your strongest state union leaders who has attained an overall 85 per cent average for his services. While he is considered by the union, Palmer is also considered by the state and the people of the USA.

The vast potential of technology in CSM. Technology is the lead in development, helping farmers with their grain yields and processing, making digital rights and crops.

The other half of the exploration happens in *Studio A*, which is a marketing studio. Studio A is a re-creation of a studio from the CMO's "moments in time" about creative being, the "What Was" Studio used to be, the standard of what he presents as historical and of course, the studio.

After 10.45 hours of silence, a loud peep
sounded, telling that a call for police was
being made. Moments later, the police arrived,
but the situation was too serious for them.

When the 1000-hour rule is applied to the 1000-hour rule, the 1000-hour rule is applied to the 1000-hour rule.

Table 1

Cambridge CamBUS

Journal of Management Education
 Single copies 1 year subscription
 Volume 35 Number 10 October 2011

One fee of \$15.00 allows you to register for as many workshops as you choose. There is no fee for the Aboriginal/Māori Meeting or the Women in Technology Meeting or Campus Tours. Check with Student Services, Deen Campus Room 2002, or register or call 1-800-673-55 and 1-505.

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11. *Journal of the American Medical Association*, 2000; 283: 2686-2692.

2011-12-15 14:00 2011-12-15 14:00

Abstract

18. **Answer: D** **Difficulty: 2** **Objective: 1** **Reference: 1** **Question Type: Multiple Choice**

1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 26

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3.13 mm. (9) **Leathering and Fingerprinting**

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Manuscript accepted 12 November 2004

1 10:00pm - 11:00pm  Campus Time

in this paper... ☐ **Time Management**

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311 **www.bbc.com** 8 **Computer News**

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 Springer

— *Journal of the American Medical Association*, 1997

Figure 1

For Tickets assemble at Door #4, Main Door Campus Building

For workshops, rooms will posted by Door #4, Main Door Campus Building

Welcome to Conestoga College!

**CONESTOGA
STUDENTS INC.**

CSI Events for September 2002

Welcome to Free Pleasure and other awesome festivities!

September 2	September 3	September 4	September 5	September 6
Pre Conestoga Bash at Paddy's Green Pub (opens leave at 2:00)	James Cunningham Comedy in the Sanctuary (11:30 - 1:30)	James Bond Casino with Barney the Magician (10:00 - 2:30)	Pool Party (11 - 3)	
September 9	September 10	September 11	September 12	September 13
Sumo Wrestling (11:30 - 1:30)	The Doc Wops Musical Comedy (11:30 - 12:30)	Day of Remembrance	Hot Bronson Comedy in the Sanctuary (11:30 - 12:30)	
Monday Nighter	Teletel Tuesday		Pub Night - Raga Party	
September 16	September 17	September 18	September 19	September 20
Pool Tournament Signups		Don Volica Psychic Sevenshiner (11:30 - 12:00)	Pool Tournament Signups End	Inaugural Poster Sale in Sanctuary (8 - 8)
Monday Nighter	Teletel Tuesday		Inaugural Poster Sale in Sanctuary (9 - 8)	
September 23	September 24	September 25	September 26	September 27
Gary Watson Pool Shark Entertainment (11:30 - 12:30)	Pool Tournament Begins	Bubble Tea (7:30pm in Sanctuary)	CRSA Pub Night - Austin Powers	
Monday Nighter	Teletel Tuesday			
September 30				
Drug and Alcohol Awareness Week				
Monday Nighter				

Enjoy free pleasure all year!!!

Watch the CSI Boards for more info